Who Benefits? Patient-Reported Quality of Life in Elderly Kidney Transplant Recipients: Insights from the Swiss Transplant Cohort Study

Lay Summary – English

Who Benefits? Quality of Life After Kidney Transplantation in Older Adults

Kidney transplantation can improve both survival and quality of life in older people. For patients aged 65 years and above, however, successful transplantation is not only about how well the transplanted kidney functions, but also about how independent and active they remain in everyday life.

Serious complications can occur during the first months after kidney transplantation, including infections, cardiovascular events, rejection episodes and cancer. Little is known about whether such events continue to affect quality of life several months later.

In this project, we will therefore investigate how quality of life develops during the first year after kidney transplantation in older recipients and how serious complications occurring during the first six months influence subsequent quality of life.

We will use data from the Swiss Transplant Cohort Study, which follows transplant recipients from across Switzerland over time. Patients complete questionnaires before and after transplantation covering aspects of health such as mobility, independence, everyday activities, pain and psychological well-being.

The results should help provide older patients with better information about the quality of life they can expect after kidney transplantation and identify possible areas for more targeted care following complications.